



Being Dad

Online support sessions for expectant and new dads

Our drop-in sessions are there to help men learn more about looking after themselves, managing the changes and challenges of parenthood, all while meeting other dads!

No need to register and no obligation to attend every week.

Who the sessions are for?

Being Dad groups are for expectant/new dads or men with parenting responsibility for babies and young children up to two years old, living in Bromley or Greenwich.

We are being flexible wherever possible during COVID-19 and dads out of the boroughs specified e.g Lewisham are also welcome.

When

Tuesdays at 8pm

For more information email:
beingdad@blgmind.org.uk

Zoom Meeting ID: 937 0101 7843
Password: 045716

Find out more on our website:
<https://blgmind.org.uk/bromley-mental-health/being-dad/>